

# Heart-Centered Programs

*Empower - Energize - Enhance*

Putting **Heart** back into your life

## Overcoming Holiday Stress

### Overview/Description

The holidays are supposed to be a happy, joyful time spent celebrating with family and friends. But for many of us it's a source of tremendous stress. During this workshops we'll focus on ways to help sail through and enjoy this time of year!

### Ideal Audience

Everyone that has ever felt there was too much to do and too little time during the holidays.

### Expected Duration

1 hour or 2 hours

*"Communication works for those that work at it."*

*- John Powell*

*"Communication – the human connection - is the key to personal and career success."*

*- Paul J. Meyer*

### Workshop Objectives

At the conclusion of this workshop, you will be able to:

- Identify Signs of Holiday Stress
- Strategies to Manage Stress
- Planning Tips for Shopping & Traveling
- Manage & Delegate Work and Family Responsibilities
- Help Children Manage Holiday Schedules
- Tips for better Self-Care during Holidays
- Identify & Coping strategies for Holiday related Depression and Sadness

**Ellen Contente, M.A., RScP**

Certified Trainer, Licensed Practitioner  
Work/Life Balance Coach

<http://www.heartcenteredprograms.com>

818-983-1853

[ellen@heartcenteredprograms.com](mailto:ellen@heartcenteredprograms.com)